

NikeYoungAthletes

READY
SET
GO



THE ULTIMATE RUNNING
GUIDE FOR KIDS



THIS IS READY, SET, GO

EVERYTHING YOU NEED TO KNOW TO START RUNNING

Welcome to the Nike+ Run Club's World of Running. Are you ready to join in on the fun? Running isn't just for exercise. Sure, running is healthy, but it's also a blast! Especially when you find your groove, make new running buddies, and start to see real progress.

And—bonus—did you know that running can help make you more awesome at other sports? It's true! Running is one of the best training

tools to help you become a better athlete in soccer, basketball, tennis — the list of sports goes on and on.

Everyone has to start somewhere. But don't worry, Nike Young Athletes and Nike+ Run Club are here to help get you started. We'll be here through your first run, the "ughh, I'm tired" runs and the "HEY, this is really, really awesome" runs.

So come on — **LET'S GO RUNNING!**

Always consult a physician before allowing your child to begin any exercise program.



NRC COACH'S LETTER

TO KIDS

The goal of Ready, Set, Go is to help you become a better runner by introducing you to our World of Running.

We already know that you are a runner. Did you?

There is no doubt about it!

You are a runner!

The only question is whether or not you are running.

After this, you will be.

To become a better runner you need to run. That's obvious right?

But if you want to keep getting better, you need to enjoy running.

You need to have fun running.

You need to love running.

And that is what Ready, Set, Go is all about.

We've put everything in here you need to start your running journey. You'll learn about running and you'll become a smarter runner. You'll run different workouts and you'll have fun running.

By the end of the Ready, Set, Go Run you will be ready to take off on your own running adventure. But don't worry. You will never really be running alone.

You have parents, family and friends, teammates and competitors to run with you along the way. And you have the Nike+ Run Club. We're here to provide all the support and cheering you need to get going.

So get ready to work hard. Get set to have fun. Because it's time to go!

We believe in you.

Cheers,

Chris Bennett,
Nike+ Global Head Coach



NRC COACH'S LETTER

TO PARENTS

The goal of Ready, Set, Go is for your child or the child you are working with to be introduced to this great sport of running...the right way.

This sport can be a lifelong joy. It can build character and integrity. It is a sport that can help foster confidence and self-respect. It is a sport that can be fun and a sport that can be loved.

So, thank you for teaching this child that weaknesses are not to be ashamed of but rather embraced and worked on.

And thank you for being that person in this child's life that will look for success as many ways as you can.

Thank you for being the coach that will uncover the greatness that lies within every child.

Thank you for showing that this sport is not always easy but is always satisfying.

And for helping make sure that every child that takes part in Ready, Set, Go ends each workout a prouder, happier, better version of themselves. Well, from one coach to another...

Thank you.

Cheers,

Chris Bennett,
Nike+ Global Head Coach



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RUN 1

GET OUT HERE



HERE'S THE SCOOP

The number one rule of running is...run! So we're going to kick things off with an easy out-and-back with your parent. Get excited for your first run!



WORKOUT

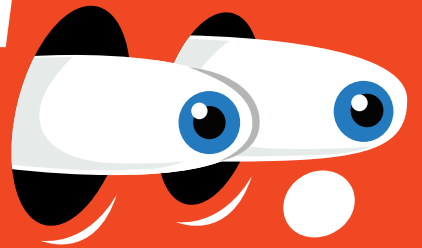
1. Start your watch and run for 4 minutes.
2. At 4 minutes, turn around and head back to where you started.
3. You should be able to talk and tell jokes to the person you're running with the whole time.
4. Now that you've finished Run 1, flip to page 23 to fill out your running log. Your log will help you track your progress.

NOTE TO PARENTS

The goal of this run is for your child to want to run again. Don't worry about how far or fast your child runs today. It's their first time and it should be fun and easy. Running with your young athlete could help motivate them even more, so go ahead – join in. Download your own Ready, Set, Go training guide today at www.nike.com/readyssetgo.



**YEAH,
IT'S
HEALTHY.
BUT IT'S
COOL T**



REASONS WHY RUNNING IS AWESOME

YOU CAN RUN ANYTIME, ANYWHERE!

Rain or shine, just lace up, grab your parent, and go, it's that easy. Hit the local track, city sidewalks, park trails or even the treadmill — you can log miles anywhere.

YOU CAN BECOME A BETTER ATHLETE

Running can help you in all sports. The better shape you are in, the easier for you to run past the competition late in the game.

YOU CAN FEEL LIKE A SUPERHERO

Running can make you feel like you can take on the world. The more you run, the stronger you feel and become. With every stride, your superhero feeling grows.



YOU CAN TRACK YOUR PROGRESS

Writing in your Running Journal is a great way to see your progress. You'll be able to see how you're becoming a better runner.

YOU CAN RUN WITH FRIENDS

Running is a great way to spend time with friends. No matter what sports your friends play, running can help them get better. Invite them to join you! And don't forget your furry friends — take your dog for a run, they'll love the exercise and being able to spend time with you.

STAY HEALTHY

Running two or three times per week can help you feel better than ever.

TRACK ATTACK



HERE'S THE SCOOP

Ready to have some fun and run FAST?! It's time to hit the track with your parent. This workout is all about pushing your pace for a short period of time, recovering fully after each rep, and then walking away feeling faster than ever. You've got this!



WORKOUT

1. Head to your local track. If you can't make it to the track, don't sweat it! You can do this workout in your neighborhood or at a local park.
2. Jog 1 lap easy to warm up. Then, do some light stretching to get loose.
3. Head to the start line. Run fast for 30 seconds. Stop and rest until you're fully recovered.
4. Repeat 6 times.
5. Jog 1 lap easy to cool down.
6. With your run wrapped up, don't forget to record it in your running log on page 24.



NOTE TO PARENTS

The purpose of this run is to teach your young athlete how a track workout is run. A track really isn't necessary, and intervals don't even need to be timed. Help your child understand how to run hard, rest, then do it again. Remember, the number one goal is to make sure he/she is having fun! Also, WHY ARE YOU STANDING ON THE SIDELINE?! Join in on the fun by downloading the Nike+ Running app and start logging your miles today.



**TIME TO
LOOK AND
FEEL
THE PART.**

RUN GEAR CHECKLIST

Now that you've gotten in a few runs, let's talk about getting the right gear to help you look and feel the part. Sports give you a chance to express yourself with awesome gear. Running is no exception.



Find a pair of running shoes that you feel comfortable in.



The right socks can make all the difference. Find socks that are comfortable and prevent blisters.



Running shirts that are light and comfy help you stay cool at high speeds.



Have your parent time your runs to track your progress.



Some kids prefer shorts, while others like tights. Try both to see what's right for you!



Water helps make every run feel better. Be sure to always have a water bottle close by.

RUN 3

CRUISE CONTROL



HERE'S THE SCOOP

Time for a run that's all about fun! In between hard workouts it's important to take a recovery day. You can rest, or just do a short, easy run. This recovery run is cool and controlled. Think back to the Get Out Here run. Visualize the pace you were running. The goal of this run is to go just a little bit further and a little bit faster.



WORKOUT

1. Grab your parent, start your watch, and run for 5 minutes. If you're bored, you're running too slow. If you can't tell a joke without huffing and puffing, you're running too fast.
2. Once your watch gets to 5 minutes, turn around and run back to where you started.
3. That's it. And guess what—you just completed your longest run! Don't forget to log your run on page 24.

NOTE TO PARENTS

The goal of this run is make sure your young athlete recovers from their last run. Sometimes you have to run slow to get faster. Let your young athlete know why it will help their legs recover for their next run. It's all part of the improvement process.



FIND THE  **FORM**
THAT
FITS YOU.

FIND YOUR FORM

Now is a good time to focus more on your form and how it can help make your runs more epic than ever!

MOST IMPORTANTLY, YOU DON'T NEED TO CHANGE YOUR FORM TO GET FASTER

Your body is unique. Because of that, you'll have your own unique stride. Embrace it. Your form will become better as you focus on running fundamentals.

THINK ABOUT YOUR ARM SWING

If you're not driving your elbows straight back, you're not using your strength. If your arms are swinging across your body, you're wasting energy. Prevent both of these problems by relaxing your arms and driving them back behind you. This will help you go FAST!

FOCUS YOUR SIGHT

Don't look up at the sky, and don't look down at the ground. Look straight ahead to see where you're going and to maximize your speed.

GOOD POSTURE IS KEY

Leaning too far back or too far forward is like running with one foot on the brake. Focus on keeping your back straight and chin slightly forward to make it feel like you're running with both feet on the gas!



RUN4

LEVEL UP



HERE'S THE SCOOP

You've run easy, and you've run fast. Now it's time to run strong with the help of your parent! Adding hills to your training can make you a stronger runner.

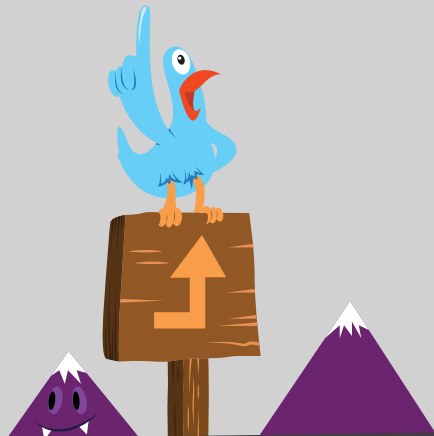


WORKOUT

1. Find a medium-sized hill.
2. Run the hill fast while still feeling **STRONG** and in control.
3. When you reach the top, walk slowly back to the bottom. Keep resting until you're fully recovered.
4. Repeat 4 times, and then record your workout in your running log on page 25.

NOTE TO PARENTS

The goal of this workout is to help your young athlete approach hills in a new way. Instead of fearing hills, they'll now love to attack them. Remember, a hill workout can be a shock to the system. Make sure your child takes plenty of rest and is fully recovered before starting each rep.



**FIND
YOUR**



FAST

EVEN

FASTER.

WTR

(WHAT THE RUN)

Now that you're a runner, let's get answers to some questions you may have.

SHOULD I STRETCH BEFORE I RUN?

It's actually better to stretch after you warm up. Try doing some high knees and skipping movements to loosen up and prepare your body for the run. Then do some hip, quad and hamstring stretches.

SHOULD I EAT BEFORE I RUN?

You can, but keep it light. You should never feel stuffed or starved before a run. Fuel up with some healthy snacks 1.5 to 2 hours before your run.

CAN I EAT WHATEVER I WANT?

Running doesn't mean you can pig out on your favorite junk food. Healthy foods will help you to run better. Want cake? Ok, but eat some fruits and veggies too. Balance is the key.

SHOULD I TAKE WATER ON MY RUN?

Staying hydrated is important, so if you're going on a longer run, it's always a good idea to carry water. From lightweight water belts to aqua-packs, there are tons of options to choose from. Find the one that works best for you.



RUN 5

RUN YOU



HERE'S THE SCOOP

Today is all about you! With the help of your parent, run where, when and with whomever you want. Whatever you do, know that you are going to be happier and prouder afterward.



WORKOUT

Today is a freestyle run. Choose your adventure—pick a new route, run with your parent, or grab headphones and rock out a run to your favorite playlist. You're the runner—it's up to you! All done? Add it to your running log on page 25.

NOTE TO PARENTS

This is a great way to run with your young athlete! Your motivation can really help—so grab your shoes and get out there too. Afterwards, sit down with them to plan out some training goals to help keep their running adventure alive and thriving. Need ideas, we've got you covered. Learn more at www.nike.com/readyssetgo.





**YOU WERE
ALWAYS
A RUNNER.**

**YOU JUST
PROVED IT.**



ALL RUNNERS NEED TO BE ATHLETES

Nike Young Athletes believes that improving your all-around skills can help you be a better athlete in whichever sport you choose to play. There are a variety of drills that can help you improve your foundational skills. Here is one of them.

BOX TAP

This move teaches feet to move fast— because quick feet are an advantage in any sport.

You'll need:

A sturdy 8" box, a stopwatch and a parent to time you.

THE TEST

On "GO!", you'll have 10 seconds to tap the box as many times as you can.

*Pro Tip: Don't put too much weight on the box when you tap it—you need to stay light on your feet.

Track your progress and watch your results skyrocket as you improve.

THE MOVE

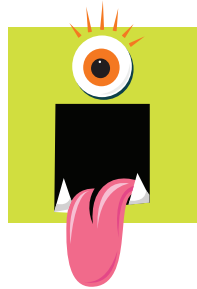
1. Place the box against a wall and start with your right foot hovering over it.
2. Tap the box with your right foot, then quickly switch up your feet—now tap the box with your left foot.



BOX TAPS _____

HOW DID YOU FEEL?

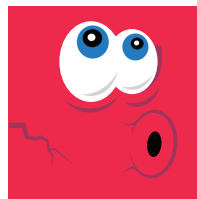
Take time to reflect on your 5 run journey and how you felt on each run.



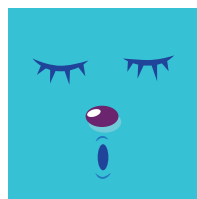
I FELT UNSTOPPABLE!



I FELT AWESOME!



I FELT SO-SO



I FELT TIRED

RUNNING LOG

Welcome to your very own Running Log! Your Running Log will help you keep track of each of your runs. After you've completed the program, you'll be able to look back at each entry to see how you've improved.



RUN 1 – GET OUT HERE



DATE: _____

LOCATION: _____

TIME/DISTANCE: _____

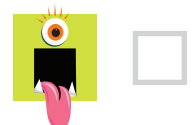
WHO I RAN WITH: _____

SHOES: _____

WEATHER:



HOW I FELT:



RUN 2 – TRACK ATTACK



DATE: _____

LOCATION: _____

TIME/DISTANCE: _____

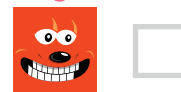
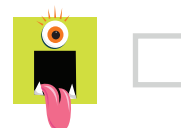
WHO I RAN WITH: _____

SHOES: _____

WEATHER:



HOW I FELT:



RUN 3 – CRUISE CONTROL



DATE: _____

LOCATION: _____

TIME/DISTANCE: _____

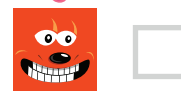
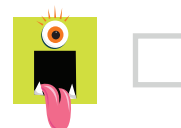
WHO I RAN WITH: _____

SHOES: _____

WEATHER:



HOW I FELT:



RUN 4 – LEVEL UP



DATE: _____

LOCATION: _____

TIME/DISTANCE: _____

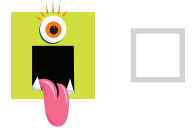
WHO I RAN WITH: _____

SHOES: _____

WEATHER:



HOW I FELT:



RUN 5 – RUN YOU



DATE: _____

LOCATION: _____

TIME/DISTANCE: _____

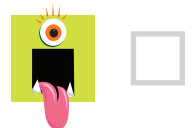
WHO I RAN WITH: _____

SHOES: _____

WEATHER:



HOW I FELT:



CONGRATULATIONS. YOU MADE IT!



YOUR NAME HERE

COMPLETED THE READY, SET, GO JOURNEY.



THERE IS NO FINISH LINE

Running is an adventure.
And it can take you places you couldn't even imagine.

Want to learn more? We've got you. Learn more
about running and all kinds of other sports with
the help of Nike Young Athletes.

Find out more on www.nike.com/readyssetgo-kids

COME RUN WITH US.



MARATHON KIDS



INSPIRING KIDS
THROUGH THE POWER OF RUNNING

Nike has partnered with Marathon Kids, a non-profit organization dedicated to improving the health of children. Check out how you and your young athlete can get involved in this transformational running program.

START A RUN CLUB

If you love running and inspiring others to be active, learn how you can help launch a run club.

FIND A RUN CLUB

We have Marathon Kids run clubs across the country. Find one near you.

VOLUNTEER OR DONATE

There are a number of ways you can get involved and support Marathon Kids in your community.

LEARN MORE AT

www.Nike.com/MarathonKids



NRC

NIKE+ RUN CLUB